|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week of November 25-29** | | |  | |  |  |  |  |
| **Meal pattern for Children 1-2 years** | | **Meal pattern for Children 3-5 years** | **Monday 11/25/13** | | **Tuesday 11/26/13** | **Wednesday  11/27/13** | **Thursday  11/28/13** | **Friday  11/29/13** |
| **BREAKFAST** | |  |  | |  |  |  |  |
| Fruit or fruit juice - 1/4 cup | | Fruit or fruit juice – 1/2 cup | Tropical Fruit | | Applesauce | Peach Cup |  |  |
| Protein rich food (optional) 1/2 ounce or other | | Protein rich food (optional) 1 ounce or other |  | | Scrambled Eggs | Breakfast Bagel^ |  |  |
| Bread - 1/2 slice OR  Cereal - 1/4 cup | | Bread - 1/2 slice OR Cereal - 1/3 cup | Mini Pancakes^ | | Southern Style Grits | Breakfast Bagel^ |  |  |
| Milk\* - 4 oz | | Milk\* - 6 oz | Milk | | Milk | Milk |  |  |
| **LUNCH** | |  |  | |  |  |  |  |
| Vegetable - 2 tablespoons or 1 ounce | | Vegetable - 1/4 cup | Mixed Vegetables^ | | Whole Kernel Corn | Green Beans^ |  |  |
| Vegetable OR Fruit -  2 tablespoons or 1 ounce | | Vegetable OR Fruit -  1/4 cup | Applesauce | | Chilled Pineapple | Fruit Cocktail |  |  |
| Meat or Meat  Alternates - 1 ounce | | Meat or Meat Alternates - 1 1/2 ounce | Turkey Burger on Multi Grain Bun^ | | Chicken Tenders^ | Wedge Cheese Pizza^ |  |  |
| Bread - 1/2 slice OR Rice/Pasta - 1/4 cup | | Bread - 1/2 slice OR Rice/Pasta - 1/4 cup |  | |  | Wedge Cheese Pizza^ |  |  |
| Other | | Other | Oven Baked Fries^ | | Sweet Potato Waffle Fries^ |  |  |  |
| Milk\* - 4 oz | | Milk\* - 6 oz | Milk | | Milk | Milk |  |  |
| **SNACK** | |  |  | |  |  |  |  |
| Bread - 1/2 slice Milk, Fruit, Vegetable,  Juice - 1/2 cup Meat - 1/2 ounce | | Bread - 1/2 slice Milk, Fruit, Vegetable, Juice - 1/2 cup Meat - 1/2 ounce | Cinnamon Graham Sticks  Applesauce | | Reduced Sugar Apple Jacks  Milk | String Cheese  Saltine Crackers  Juice |  |  |
| Water - 4 ounces | | Water - 6 ounces | Water | | Water | Water |  |  |
| **Week of December 2-6** | | |  |  | |  |  |  |
| **Meal pattern for Children 1-2 years** | **Meal pattern for Children 3-5 years** | | **Monday  12/2/13** | **Tuesday  12/3/13** | | **Wednesday**  **12/4 /13** | **Thursday  12/5/13** | **Friday  12/6/13** |
| **BREAKFAST** |  | |  |  | |  |  |  |
| Fruit or fruit juice - 1/4 cup | Fruit or fruit juice –  1/2 cup | | Applesauce | Tropical Fruit | | Peach Cup | Tropical Fruit | Applesauce |
| Protein rich food (optional) 1/2 ounce or other | Protein rich food (optional) 1 ounce or other | |  | Scrambled Eggs with Potatoes^ | | Breakfast Max Stick^ | String Cheese |  |
| Bread - 1/2 slice OR  Cereal - 1/4 cup | Bread - 1/2 slice OR Cereal - 1/3 cup | | Eggo Waffles^ | Honey Wheat Biscuit^ | | Breakfast Max Stick^ | Honey Wheat Biscuit^ | Reduced Sugar Apple Jacks |
| Milk\* - 4 oz | Milk\* - 6 oz | | Milk | Milk | | Milk | Milk | Milk |
| **LUNCH** |  | |  |  | |  |  |  |
| Vegetable –  2 tablespoons or 1 ounce | Vegetable - 1/4 cup | | Green Beans^ | Steamed Sliced Carrots^ | | Steamed Broccoli Florets^ | Steamed Oriental Vegetables^ | Southern Style Green Beans^ |
| Vegetable OR Fruit -  2 tablespoons or 1 ounce | Vegetable OR Fruit -  1/4 cup | | Fresh Sliced Apples | Chilled Peaches | | Fruit Juice | Banana | Chilled Pineapple |
| Meat or Meat Alternates - 1 ounce | Meat or Meat  Alternates - 1 1/2 ounce | | Hot Ham and Cheese Sandwich^ | Teriyaki Chicken^ | | Mexican Turkey Taco | Vegetarian Burger^ | Wedge Cheese Pizza^ |
| Bread - 1/2 slice OR Rice/Pasta - 1/4 cup | Bread - 1/2 slice OR Rice/Pasta - 1/4 cup | | Multi Grain Bun | Brown Rice | | Tortillas |  | Wedge Cheese Pizza^ |
| Other | Other | |  |  | |  | Red Deli Roasted Potatoes^ |  |
| Milk\* - 4 oz | Milk\* - 6 oz | | Milk | Milk | | Milk | Milk | Milk |
| **SNACK** |  | |  |  | |  |  |  |
| Bread - 1/2 slice Milk, Fruit, Vegetable,  Juice - 1/2 cup Meat - 1/2 ounce | Bread - 1/2 slice Milk, Fruit, Vegetable, Juice - 1/2 cup Meat - 1/2 ounce | | Nutrigrain Bar  Milk | Honey Maid Crackers  Fruit Cocktail | | Cheerios  Milk | Cheddar Cheese Squares  Pear Cup | Zoo Animal Crackers  Applesauce |
| Water - 4 ounces | Water - 6 ounces | | Water | Water | | Water | Water | Water |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Week of 9-13** | |  |  |  |  |  |
| **Meal pattern for Children 1-2 years** | **Meal pattern for Children 3-5 years** | **Monday  12/9/13** | **Tuesday  12/10/13** | **Wednesday**  **12/11/13** | **Thursday  12/12/13** | **Friday  12/13/13** |
| **BREAKFAST** |  |  |  |  |  |  |
| Fruit or fruit juice - 1/4 cup | Fruit or fruit juice –  1/2 cup | Tropical Fruit | Applesauce | Peach Cup | Chilled Fruit Cocktail | Banana |
| Protein rich food (optional) 1/2 ounce or other | Protein rich food (optional) 1 ounce or other |  | Scrambled Eggs |  | Vegetarian Omelet |  |
| Bread - 1/2 slice OR  Cereal - 1/4 cup | Bread - 1/2 slice OR Cereal - 1/3 cup | Mini Pancakes | Honey Wheat Biscuit | Toast | Honey Wheat Biscuit | Reduced Sugar Apple Jacks |
| Milk\* - 4 oz | Milk\* - 6 oz | Milk | Milk | Milk | Milk | Milk |
| **LUNCH** |  |  |  |  |  |  |
| Vegetable –  2 tablespoons or 1 ounce | Vegetable - 1/4 cup | Oven Baked Seasoned Fries | Broccoli Normandy | Collard Greens | Steamed Broccoli Florets | Fresh Green Beans |
| Vegetable OR Fruit -  2 tablespoons or 1 ounce | Vegetable OR Fruit -  1/4 cup | Applesauce | Peach Cup | Fresh Fruit | Chilled Pears | Chilled Fruit Cocktail |
| Meat or Meat Alternates - 1 ounce | Meat or Meat  Alternates - 1 1/2 ounce | Turkey Burger on Multi-Grain Bun^ | Baked Ravioli^ | Roast Turkey^ | Sloppy Joe^ | Individual Round Pizza^ |
| Bread - 1/2 slice OR Rice/Pasta - 1/4 cup | Bread - 1/2 slice OR Rice/Pasta - 1/4 cup | Multi Grain Bun | Baked Ravioli^ |  | Multi-Grain Bun | Individual Round Pizza^ |
| Other | Other |  |  | Mashed Potato | Baked Sweet Potato Wedges |  |
| Milk\* - 4 oz | Milk\* - 6 oz | Milk | Milk | Milk | Milk | Milk |
| **SNACK** |  |  |  |  |  |  |
| Bread - 1/2 slice Milk, Fruit, Vegetable,  Juice - 1/2 cup Meat - 1/2 ounce | Bread - 1/2 slice Milk, Fruit, Vegetable, Juice - 1/2 cup Meat - 1/2 ounce | Graham Crackers  Chilled Fruit Cocktail | Yogurt  Graham Crackers | Applesauce  Saltine Crackers | **Nutrigrain Bar**  **Fresh Fruit** | Cheddar Cheese Squares  Cheez-Its Crackers  Fruit Juice |
| Water - 4 ounces | Water - 6 ounces | Water | Water | Water | Water | Water |
| **Week of December 16-20** | |  |  |  |  |  |
| **Meal pattern for Children 1-2 years** | **Meal pattern for Children 3-5 years** | **Monday  12/16/13** | **Tuesday  12/17/13** | **Wednesday**  **12/18/13** | **Thursday  12/19/13** | **Friday  12/20/13** |
| **BREAKFAST** |  |  |  |  |  |  |
| Fruit or fruit juice - 1/4 cup | Fruit or fruit juice –  1/2 cup | Chilled Pears | Applesauce | Peach Cup | Applesauce | Tropical Fruit |
| Protein rich food (optional) 1/2 ounce or other | Protein rich food (optional) 1 ounce or other |  | Scrambled Eggs with Turkey Ham | Breakfast Sausage Sandwich | Scrambled Eggs and Sausage |  |
| Bread - 1/2 slice OR  Cereal - 1/4 cup | Bread - 1/2 slice OR Cereal - 1/3 cup | Eggo Pancakes | Honey Wheat Biscuit | Breakfast Sausage Sandwich | Honey Wheat Biscuit | Cheerios |
| Milk\* - 4 oz | Milk\* - 6 oz | Milk | Milk | Milk | Milk | Milk |
| **LUNCH** |  |  |  |  |  |  |
| Vegetable –  2 tablespoons or 1 ounce | Vegetable - 1/4 cup | Mixed Vegetables | Whole Kernel Corn | Broccoli Normandy | Steamed Sliced Carrots | Steamed Green Beans |
| Vegetable OR Fruit -  2 tablespoons or 1 ounce | Vegetable OR Fruit -  1/4 cup | Fresh Fruit | Chilled Fruit Cocktail | Fresh Fruit | Peach Cup | Applesauce |
| Meat or Meat Alternates - 1 ounce | Meat or Meat  Alternates - 1 1/2 ounce | Philly Cheese Pocket^ | Mini Cheese Burgers^ | Freschetta Italian^ | Pizza Sticks^ | Wedge Cheese Pizza^ |
| Bread - 1/2 slice OR Rice/Pasta - 1/4 cup | Bread - 1/2 slice OR Rice/Pasta - 1/4 cup | Philly Cheese Pocket^ | Mini Cheese Burgers^ | Freschetta Italian^ | Pizza Sticks^ | Wedge Cheese Pizza^ |
| Other | Other |  | Baked Sweet Potato Wedges |  | Spaghetti Sauce |  |
| Milk\* - 4 oz | Milk\* - 6 oz | Milk | Milk | Milk | Milk | Milk |
| **SNACK** |  |  |  |  |  |  |
| Bread - 1/2 slice Milk, Fruit, Vegetable,  Juice - 1/2 cup Meat - 1/2 ounce | Bread - 1/2 slice Milk, Fruit, Vegetable, Juice - 1/2 cup Meat - 1/2 ounce | Rice Crunchies  Milk | Fresh Fruit  Graham Crackers | Chocolate Chip Cookie  Fresh Fruit | Nutrigrain Bar  Milk | Smart Cookie  Banana |
| Water - 4 ounces | Water - 6 ounces | Water | Water | Water | Water | Water |